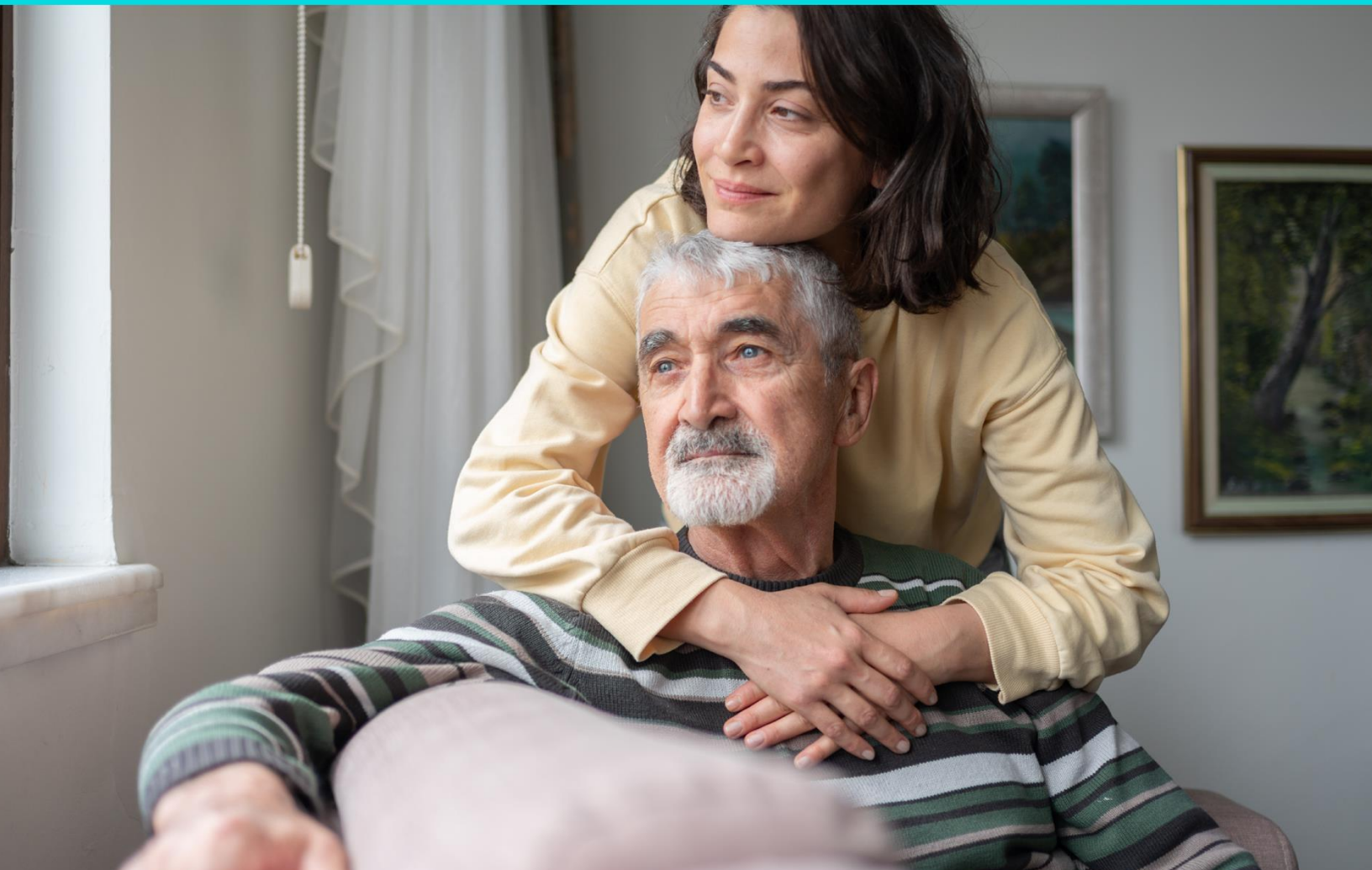


# Your guide to the senior caregiving journey

Whether you're caring for a parent, grandparent, in-law, or even your spouse or partner, explore expert-created resources from Bright Horizons®, full of valuable advice. Tips on choosing senior living arrangements, caregiving, taking care of your own well-being, and more — it's all right here.



## Making decisions

8 signs it may be time to explore senior living options.

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What type of senior housing is right for your loved one? It depends on what they need.

[Read more >](#)

Adult day care — what it is, why it might be the right fit for your family, and how to choose a quality program.

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6 ways to plan ahead for the cost and logistics of senior care.

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## Tips for senior caregivers

How can you tell if a loved one is struggling? Here are five under-the-radar signs, when to be concerned, and good questions to ask.

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Find the right caregiver with these seven must-ask health and safety questions.

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Let technology do some of the heavy lifting. Take a look at 21 top apps for managing caregiving.

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If you're caring for a loved one from far away, be prepared with resources and caregivers to count on in a pinch

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## Taking care of YOU

5 practical ways to set boundaries and avoid caregiving burnout, straight from an expert care coach.

[Read more >](#)

Vacation is still possible! Before you turn on your OOO, set yourself and your loved one up for success.

[Read more >](#)

Prioritize your well-being and care for yourself while navigating caregiving challenges.

[Read more >](#)

Productivity hacks — tried and true tips to save you time and lower your stress level.

[Read more >](#)



### Featured webinar: Supporting the Sandwich Generation

Sandwiched between caring for an older loved one and your child? This webinar's for you. Tune in on December 11 to learn where to find help, how to handle your own emotions, and more.

[Register now >](#)

**Explore your benefits for support throughout your senior caregiving journey:**

<https://my.brighthorizons.com/discover/learn-more/senior-care>